

NUTRIENT OPTIMIZATION SYSTEM[®]**OPTI-MEN[®]****HIGH-POTENCY****150
TABLETS****75+ INGREDIENTS****DIETARY SUPPLEMENT****Supplement Facts**Serving Size 3 Tablets
Servings Per Container 50

Amount Per Serving	% Daily Value
Vitamin A (as beta carotene, mixed carotenoids)	3000 mcg 333%
Vitamin C (as ascorbic acid)	300 mg 333%
Vitamin D (as cholecalciferol)	37.5 mcg 188%
Vitamin E (as d-alpha tocopheryl succinate)	160 mg 1067%
Vitamin K (as phytonadione)	75 mcg 63%
Thiamin (as thiamin hydrochloride)	75 mg 6250%
Riboflavin	75 mg 5769%
Niacin (as niacinamide)	75 mg 469%
Vitamin B ₆ (as pyridoxine hydrochloride)	50 mg 2941%
Folic Acid	1000 mcg DFE 250%
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg 4167%
Biotin	300 mcg 1000%
Pantothenic Acid (as d-calcium pantothenate)	75 mg 1500%
Calcium (as dicalcium phosphate dihydrate)	50 mg 4%
Iodine (as potassium iodide)	150 mcg 100%
Magnesium (as magnesium oxide, aspartate)	80 mg 19%
Zinc (as zinc oxide)	15 mg 136%
Selenium (as selenomethionine)	200 mcg 364%
Copper (as copper sulfate)	2 mg 222%
Manganese (as manganese sulfate)	2 mg 87%
Chromium (as chromium GTF)	120 mcg 343%
Molybdenum (as molybdenum A.A. chelate)	80 mcg 178%
Sodium	10 mg <1%
Amino Men Blend	1 g
L-Arginine, L-Glutamine, L-Valine, L-Leucine, L-Isoleucine, L-Cysteine, L-Lysine HCl, L-Threonine	
Phyto Men Blend	100 mg
Green Tea Powder (leaf), Hesperidin Complex (fruit), Deodorized Garlic Powder (bulb), Grape Extract (seed) (standardized to 95% polyphenol), Fruit Blend (Orange Powder (fruit), Pineapple Powder (fruit), Apple Powder (fruit), Grape Powder (fruit), Blueberry Powder (fruit), Cranberry Powder (fruit), Papaya Powder (fruit), Elderberry Powder (fruit), Black Currant Powder (fruit), Kiwi Powder (fruit), Vegetable Blend (Wild Yam Powder (root), Carrot Powder (leaf), Spinach Powder (leaf), Cauliflower Powder (head), Kale Powder (leaf), Brussels Sprouts Powder (edible head), Broccoli Powder (whole plant))	
Viri Men Blend	50 mg
Saw Palmetto Extract (berry), Damiana Extract (leaf), Panax Ginseng Extract (root), Ginkgo Biloba Powdered Extract (leaf), Nettles Powdered Extract (leaf), Pumpkin Extract (seed), Raw Oyster Concentrate	
Enzyme Blend	50 mg
Papain, Bromelain, Alpha Amylase, Lipase	
Alpha Liponic Acid	25 mg
PABA (para-aminobenzoic acid)	10 mg
Choline (as choline bitartrate)	10 mg
Inositol	10 mg
Boron	2 mg
Lycopenes (Lyc-O-Mator [®])	500 mcg
Lutein	500 mcg
Alpha Carotene	140 mcg
Vitaminium	100 mcg
Cryptoxanthin	34 mcg
Zeaxanthin	28 mcg

† Daily Value not established.

OTHER INGREDIENTS: Microcrystalline Cellulose, Stearic Acid, Crosscarboxylate Sodium, Magnesium Stearate, Hydroxypropyl Methylcellulose (HPMC), Polydextrose, Medium Chain Triglycerides, Silica.

WARNING: NOT FOR USE BY THOSE WITH PRE-EXISTING MEDICAL CONDITIONS, THOSE TAKING ANY MEDICATIONS OR THOSE UNDER THE AGE OF 18.

STORE IN A COOL, DRY PLACE.

▲ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

TRUE STRENGTH[®]
WWW.OPTIMUMNUTRITION.COM

**MANUFACTURED IN THE USA**

This product contains ingredients of international and domestic origin

**SUGGESTED USE:** For men, consume 3 tablets daily with food.**CONTAINS: SHELLFISH (OYSTER).****MANUFACTURED BY
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